

Partnering to Prevent Falls in the Hospital



Always remember ...

- Call someone to help you if you want to get out of your bed or chair.
- Always be sure things are within your reach.
- Wear nonskid slippers, socks or shoes that fit well and stay securely on your feet.



- Check that the floor is free of spills or debris before walking on it.
- Never try to walk if you are feeling weak, lightheaded or dizzy.
- Talk to your team of healthcare professionals about ways to reduce your risk of falling.



760 Alexander Road, Princeton, NJ 08540



Providing you with safe, high quality care is our goal. We want to work with you and your family while you are staying with us to help prevent unsafe situations, such as falling. You may have tests, medications and treatments that increase your chance of falling.

What can we do together to help reduce your risk of falling?

- We will help to make sure that your call light, bedside table, telephone and any assistive device you need are within easy reach.
- Your nurse or doctor will tell you what activities are safe for you to do on your own.
- Your bed or chair will be in a low position with wheels locked for your safety. We will keep the floor in your room free of spills or slippery areas. Please let us know if you see a spill before we do.



- If you usually wear eyeglasses, please continue to wear them while staying with us.



- Please do not rest against the side rails of your bed. You may slip between the rails and the mattress, or get caught in the rails.
- Call for assistance before you get out of bed. Being in bed for even one day or taking new medicines may cause you to feel dizzy or weak once you try to stand up.
- Sit up and wait to see how you feel before you stand up.
- Always ask someone to unplug and plug in your IV pump, or to pick up an item that may have fallen to the floor. Bending over can cause you to feel dizzy or lightheaded.
- Never lean on or use an IV pole for support when you are walking. Always ask for assistance.

- When possible, avoid wearing long nightgowns or robes. These may cause you to trip.
- Wear nonskid slippers, socks or shoes that fit well and stay securely on your feet.
- If your doctor or nurse has told you it is safe to use the bathroom, use it regularly. This may prevent you from rushing to the bathroom. Call for staff to help you.
- Talk to your doctor or others on your healthcare team if you have questions.

